

Front Plank on hands

Front Plank on Elbows

Front Plank Elbows Alternating leg Raise

Side Plank

Side Plank

Reverse Crunch On plate

Twists

Crunches On Mat

Leg Raises On Mat

Bicycles On Mat

Bridges

1 leg Bridge Hold

1 Leg Bridge Hold

1 Minute Each 2 sets